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CONVERSION FACTORS
used with data from
SURVEY OF FOOD CONSUMPTION OF
HOUSEHOLDS IN THE UNITED STATES 1965-1966

Factors are used for converting weights of specified foods to equivalent weight for combination into food group totals.

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CONVERSION FACTORS USED WITH DATA FROM THE
HOUSEHOLD FOOD CONSUMPTION SURVEY, 1965-1966

These conversion factors were developed to adjust reported quantities of food in the 1965-66 Household Food Consumption Survey. The adjustment brought food items of different forms and commercial food mixtures to some common basis for combination into food groups.

For the study, foods were grouped and reported in two ways. First, the foods were grouped as marketed to report on consumption patterns, and second, foods were grouped according to their nutrient content to interpret the dietary situation of households. Most of the conversion factors were used in computing weight totals for each food subgroup in these 2 categories.

The bases of conversion for subgroups within market and nutrition groups were of three types:

(1) A similar form. For example, all nuts with shell were converted to the equivalent weight of nutmeats; all potato products, processed or pared, were converted to an equivalent weight of fresh potatoes with peel.

(2) An equivalent nutrient content. For example, the weight of each milk product was converted to the weight of fluid milk containing the same amount of calcium as contained in each milk product. This converted weight of milk and milk products is called "calcium (milk) equivalent."

(3) and, An ingredient common to a series of individual food items. An example of this basis of conversion is "flour equivalent." Included here were items such as prepared flour mixes, bakery products, and commercially prepared dishes and soups made chiefly of grain products. These grain products were converted to the weight of flour or dry grain contained in each food item within the group and added to the weight of flour, meal, cereals, and pastes.

On the page following is a summarization of food groups converted for market and nutrition groups, what the bases of conversion were for each food group and, in a general way, the food items converted within each group.

Market Food Group: tabulated on 2nd through 5th digits of code.

<u>Food group</u>	<u>Conversion basis</u>	<u>Items converted</u>
Milk, cream, ice cream, cheese	Calcium (as contained in equivalent amount of whole milk)	Processed milk, cream (excluding cream substitutes and soya products), frozen desserts containing milk, cheese, cream soups, mixtures containing milk, milk products.
Eggs	Eggs in shell	Eggs without shell; processed eggs
Juices (canned, frozen, powdered, fresh) vegetable and fruit	Single strength juice	Concentrated, powdered forms
Nuts	Nutmeats	Nuts with shell

Nutrition Food Group: tabulated on 7th and 8th digits of code.

77 Milk, cream, ice cream, cheese	Calcium (as contained in equivalent amount of whole milk)	Processed milk, cream (excluding cream substitutes and soya products), frozen desserts containing milk; milk products
8 Eggs	Eggs in shell	Eggs without shell; processed eggs
Dry beans, peas, lentils	Dry weight	Cooked or canned beans, peas, and lentils
Nuts, peanut butter	Nutmeats	Nuts with shell
Potatoes	Fresh potato with peel	Pared potatoes, processed potatoes, chips, salad; soup
Citrus fruit	Single strength juice	Fresh citrus fruit, concentrated form of citrus and blended citrus juices.
Grain products, enriched, whole grain, restored or fortified	Flour or dry grain content	Bread, other baked goods
Grain products, not enriched, whole grain, restored or fortified	Flour or dry content	Bread, other baked goods; mixtures and plate dinners mostly grain
81 Sugar, sweets	Sugar content	Soft drinks, beverage powders; prepared desserts

All foods reported by households in the survey were given a nine-digit numerical code for classification by data processing machine. The first five digits of the code classified each item into one of four major marketing food groups to be converted. Digits seven and eight classified each item into one of the nine nutrition food groups to be converted.

Factors in the attached detailed listing are grouped by the common basis of conversion. Detailed food items are described fully and are listed in numerical order of the nine-digit food code. The last two columns of the list indicate whether the factor is to be applied to market or nutrition groupings or both of the major food groupings. Only the food items to be converted are in this list. All food items not shown have a conversion of 1.00. That is, they are included in totals as the weight reported.

The sources used to develop the factors for conversion were (1) Conversion Factors and Weights and Measures for Agricultural Commodities and Their Products, USDA, ERS, Statistical Bulletin No. 362, Revised May 1962; and (2) Composition of Foods, Raw, Processed, Prepared, USDA, ARS, Agriculture Handbook No. 8, Revised December 1963.

Conversion factors were applied to food data from the 1965 survey, as follows: The quantity of food used was multiplied by the appropriate factor to obtain the quantity on a converted basis. The converted quantity was then added to quantities of other foods in the food group for a group total.

Factors for converting weights of specified foods to equivalent weight for combination into food group totals

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

CALCIUM EQUIVALENT

Fresh fluid milk:

Goats' milk	40111 C 019	1.10	1.10
Cows' concentrated	40111 D 019	2.90	2.90
Partly skimmed milk or low-fat milk with 2% nonfat milk solids	40131 B 019	1.20	1.20
Yogurt, fruit	40131 D 019	1.40	1.40
Nonmilk junket	40131 E 289	.00	
Chocolate milk	40141 A 019	.90	.90
Chocolate milk drink	40141 B 019	.90	.90
Milk formula, ready-to-drink	40141 C 019	.60	.60
Diet beverages and soups, liquid not canned	40141 D 089	1.80	1.80

Processed milk:

Cows' evaporated, commercially canned	40211 A 011	2.10	2.10
Cows' evaporated nonfat (skim), commercially canned	40211 B 011	2.20	2.20
Cows' evaporated skim with vegetable oil, commercially canned	40211 C 011	2.10	2.10
Goats evaporated, commercially canned	40211 D 011	2.10	2.10
Metrecal and other diet beverages and soups, liquid	40212 A 081	1.80	1.80
Baby formula with higher protein, liquid, commercially canned	40212 B 081	1.40	1.40
Baby formula with lower protein, liquid, commercially canned	40212 C 081	1.10	1.10
Baby formula, soybean liquid, commercially canned	40212 D 281	.00	
Chocolate milk drink, commercially canned	40212 E 011	.90	.90

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

CALCIUM EQUIVALENT --Continued

Processed milk:--Continued

Milk shake, all flavors, commercially canned	40212 F 081	.10	.10
Milk shake, all flavors, commercially frozen	40212 F 083	.10	.10
Soy milk (not baby), commercially canned	40212 G 281	.00	
Baby formula, meat base liquid, commercially canned	40212 H 281	.00	
Condensed milk, commercially canned	40213 A 011	2.20	2.20
Nonfat dry milk, other than surplus or donated	40231 A 015	11.00	11.00
Nonfat dry milk, surplus or donated	40231 B 015	11.10	11.10
Dry milk, whole	40232 A 015	7.70	7.70
Dry buttermilk	40232 B 015	10.60	10.60
100% Protein-casein	40232 C 015	.00	.00
Baby formula, dry	40233 A 085	5.10	5.10
Cocoa containing sugar and dry milk	40233 B 089	5.00	5.00
Metrecal and other diet beverage powders	40233 C 085	7.70	7.70
Malted milk, dry	40233 D 085	2.40	2.40
Soybean baby formula, dry	40233 E 285	.00	
Egg nog beads	40233 F 085	2.40	2.40
Carnation "Instant breakfast"	40233 G 085	2.80	2.80
Tiger shake	40233 H 085	13.50	13.50
Nutrimagen	40233 J 085	1.40	1.40
Soy milk (Soyagen)	40233 K 285	.00	

Cream:

Light cream, sweet	40311 A 029	.90	.90
Heavy whipping cream, home frozen	40321 A 024	.60	.60
Heavy whipping cream	40321 A 029	.60	.60
Whipped cream (pressure can)	40321 B 029	.80	.80
Powdered cream	40321 C 025	.70	.70

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

CALCIUM EQUIVALENT--Continued

Cream:--Continued

Sour cream	40331 A 029	.90	.90
Half and half sour cream	40331 B 029	.90	.90
Half and half sweet cream (table)	40341 A 029	.90	.90
Egg nog, fresh	40341 B 029	.50	.50
Whipped cream substitutes, powdered	40351 A 755	.00	
Whipped topping(nondairy product in pressure can)	40351 B 759	.00	
Cream substitute, powdered	40351 C 755	.00	
Cream substitute, commercially frozen	40351 D 753	.00	
Cream substitute, liquid	40351 D 759	.00	

Frozen desserts containing milk:

Ice cream, home-prepared	40411 A 020	1.20	1.20
Ice cream, bulk or packaged	40411 A 029	1.20	1.20
Ice cream with vegetable fat (imitation)	40411 B 029	1.20	1.20
Banana split, ready-to-eat	40411 C 089	.50	.50
Ice milk, all flavors	40421 A 029	1.30	1.30
Sherbet, all flavors	40431 A 029	.10	.10

Cheese:

Cheddar or American type, natural	40511 A 039	6.40	6.40
Cheddar or American type, processed	40521 A 039	5.90	5.90
Swiss, domestic and imported	40531 A 039	7.80	7.80
Cottage cheese, home-prepared	40541 A 030	.80	.80
Cottage cheese with fruit, baby or junior, commercially canned	40541 A 036	.80	.80
Cottage cheese, creamed	40541 A 039	.80	.80
Cottage cheese, uncreamed	40541 B 039	.80	.80
Cream cheese (regular), Neufchatel	40551 A 039	.50	.50
Low-fat cream cheese	40551 B 039	.50	.50
Cheese spreads, American base, commercially canned	40561 A 031	4.80	4.80

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

CALCIUM EQUIVALENT--Continued

Cheese:--Continued

Cheese spreads, cheddar or American cheese base	40561 A 039	4.80	4.80
Cheese spreads, Neufchatel base, commercially canned	40561 B 031	.40	.40
Cheese spreads, cream cheese or Neufchatel cheese base	40561 B 039	.40	.40
Cheese dip, cream base	40561 C 039	.40	.40
Parmesan cheese	40571 A 039	9.70	9.70
Camembert, commercially canned	40581 A 031	.90	.90
Camembert	40581 A 039	.90	.90
Limburger	40582 A 039	5.00	5.00
Brick	40583 A 039	6.20	6.20
Blue or Roquefort	40584 A 039	2.70	2.70
Gouda	40585 A 039	6.40	6.40

Ready-to-heat or-serve soup, mostly milk or milk products:

Clam chowder, commercially canned	56111 A 081	.40
Clam chowder, ready-to-eat	56111 A 089	.40
Crab bisque, commercially canned	56111 B 081	.30
Oyster stew, commercially canned	56111 C 081	.40
Cream of chicken, commercially canned	56111 D 081	.60
Cream of chicken, home frozen	56111 D 084	.60
Cream of mushroom, commercially canned	56111 E 081	.10
Cream of shrimp, commercially canned	56111 F 081	.10

Commercially canned or bottled condensed

soup and ready-to-eat gravy and sauce, mostly milk or milk products:

Cream of asparagus	56121 B 081	.10
Cream of celery, cream of vegetable	56121 C 081	.20
Cream of cnicken	56121 D 081	.10
Cream of mushroom	56121 E 081	.20
White sauce, ready-to-eat	56121 F 081	.80

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

CALCIUM EQUIVALENT--Continued

Frozen soup, mostly milk or milk products:

Clam chowder	56131 A 083	.30
Oyster stew	56131 B 083	.50
Cream of shrimp	56131 D 083	.10

Dry or dehydrated soup, gravy and sauce mixes, mostly milk or milk products:

Cheese or sour cream sauce mix	56141 A 085	1.70
Cream of leek	56141 B 085	1.10
Cream of mushroom	56141 C 085	1.10
Cream of shrimp	56141 D 085	.70

Mixtures (other than baby food) mostly milk or milk products:

Cheese souffle, commercially frozen	56211 A 083	.70
Cheese fondue, Welsh rarebit, commercially canned	56211 B 081	1.30
Cheese fondue, Welsh rarebit, commercially frozen	56211 B 083	1.30
Heavenly hash dessert, ready-to-eat	56212 A 089	.30

Baby or junior food mixtures mostly milk or milk products:

Custard pudding, all flavors, commercially canned	56311 A 086	.40
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Miscellaneous sweets:

Pudding, all flavors, home-prepared	56412 C 080	.80
Pudding, all flavors, commercially canned	56412 C 081	.80
Pudding, all flavors, ready-to-eat	56412 C 089	.80

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

FLOUR EQUIVALENT

Prepared flour mixes:

✓ Pancake mix, enriched, home-prepared	42211 A 510	.80
✓ Pancake mix, enriched	42211 A 519	.80
✓ Pancake mix, unenriched or N.S.*	42211 B 619	.80
✓ Pancake mix, buckwheat	42211 C 619	.80
✓ Biscuit mix, dry, enriched, home-prepared	42221 A 510	.70
✓ Biscuit mix, dry, enriched, or N.S.*	42221 A 519	.70
✓ Biscuit mix, dry, enriched	42221 B 619	.70
✓ Cornbread mix, dry	42222 A 619	.70
✓ Corn muffin mix, dry	42223 A 519	.70
✓ Plain muffin mix, enriched	42223 B 519	.70
✓ Bran muffin mix	42223 C 519	.70
✓ Roll mix, dry, enriched or N.S.*	42224 A 519	.80
✓ Roll mix, dry, unenriched	42224 B 619	.80
✓ Bread mix, unenriched	42225 A 619	.90
White, yellow, or spice cake mix	42231 A 619	.40
White, yellow, or spice cake mix (with icing)	42231 B 619	.30
✓ Angel Food cake mix	42232 A 619	.20
✓ Boston cream pie mix	42232 B 619	.30
✓ Cheese cake mix	42232 C 039	.70
✓ Chocolate malt or devil's food cake mix	42232 D 619	.40
✓ Coffee cake mix	42232 E 619	.40
✓ Fruit cake mix	42232 F 619	.30
✓ Gingerbread mix	42232 G 619	.40
Low-calorie with icing and diabetic cake mix	42232 H 619	.30
✓ Marble cake mix	42232 J 619	.40
Pound cake mix	42232 K 619	.40
✓ Pudding cake mix	42232 L 619	.30
✓ Sponge or chiffon cake mix	42232 M 619	.20
✓ Chocolate malt or devil's food cake mix (with icing)	42232 N 619	.30

*Enrichment not specified

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

FLOUR EQUIVALENT--Continued

Prepared flour mixes:--Continued

✓ Piecrust mix	42241 A 619	.70
✓ Pie mix and filling	42241 B 619	.20
✓ Plain cookie mix, unenriched	42251 A 619	.40
✓ Brownie cookie mix	42251 B 619	.30
✓ Coconut cookie mix	42251 C 619	.30
✓ Chocolate chip cookie mix, home-prepared	42251 D 610	.30
✓ Chocolate chip cookie mix	42251 D 619	.30
✓ Date bar cookie mix	42251 E 619	.30
Popover, cream puff or éclair mix	42261 A 619	.70
Apple crunch or apple thin mix	42261 B 619	.30

Breakfast cereals:

✓ Oatmeal, home-prepared	42311 E 520	.50
✓ Oatmeal, cooked	42311 E 529	.50
Swiss Familla	42322 N 529	.80
Hi protein, baby cereal, comml. canned	42325 F 526	.20
Oatmeal, baby cereal, comml. canned	42325 G 526	.20
Rice, baby cereal, comml. canned	42325 H 526	.20

Other cereals:

✓ Rice fried, comml. canned	42411 E 621	.30
Rice fried, comml. frozen	42411 E 623	.30
✓ Rice, white, cooked	42411 E 629	.30
✓ Rice, milanese, dry mix, all fls	42411 F 629	.70
✓ Cornmeal mush, refrigerated	42421 S 629	.20
✓ Hominy, big, ready-cooked, comml. canned	42431 B 621	.20
✓ Macaroni, spaghetti, enriched, home-prepared	42441 C 520	.30
Popcorn (package containing oil or cheese for popping)	42451 B 629	.70
✓ Popcorn popped, oil and salt or cheese added	42451 C 629	.90
✓ Bulgur, comml. canned	42461 H 521	.50

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

FLOUR EQUIVALENT--Continued

Bread:

✓ White bread, enriched, home-prepared	43111 A 530	.60
✓ White bread, enriched, comml. frozen	43111 A 533	.60
✓ White bread, enriched, home frozen	43111 A 534	.60
✓ White bread, enriched	43111 A 539	.60
✓ White bread, unenriched	43111 B 639	.60
✓ White bread dough, enriched, home-prepared	43111 C 530	.50
✓ White bread dough, enriched, frozen	43111 C 533	.50
✓ White bread dough, enriched, home frozen	43111 C 534	.50
✓ White bread dough, ready-prepared	43111 C 539	.50
✓ Italian or Grecian bread, enriched, home-prepared	43112 A 530	.60
✓ Italian or Grecian, bread, enriched	43112 A 539	.60
✓ Italian or Grecian bread, unenriched or N.S.*	43112 B 639	.60
✓ French or Vienna bread, enriched	43113 A 539	.60
✓ French or Vienna bread, unenriched or N.S.*, commercially frozen	43113 B 633	.60
✓ French or Vienna bread, unenriched or N.S.*	43113 B 639	.60
✓ Breads with added protein or lysine	43114 A 539	.60
✓ Egg bread, cheese bread, enriched or N.S.*	43115 A 539	.60
✓ Egg bread, unenriched	43115 B 639	.60
✓ Salt-rising bread, enriched	43116 A 539	.60
✓ Salt-rising bread, unenriched or N.S.*	43116 B 639	.60
✓ Whole wheat bread, home-prepared	43121 A 530	.60
✓ Whole wheat bread, comml. frozen	43121 A 533	.60
✓ Whole wheat bread	43121 A 539	.60
✓ White and whole wheat bread, comml. frozen	43131 A 633	.60
✓ White and whole wheat bread	43131 A 639	.60

*Enrichment not specified.

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

FLOUR EQUIVALENT--Continued

Bread--continued

✓Pumpnickel bread, unenriched	43132 A 639	.60
✓Rye bread, unenriched, home-prepared	43133 A 630	.60
✓Rye bread, unenriched	43133 A 639	.60
✓Boston brown bread, home-prepared	43134 A 630	.40
✓Boston brown bread, comml. canned	43134 A 631	.40
✓ Boston brown bread	43134 A 639	.40
✓ Oatmeal bread, home-prepared	43135 A 530	.60
✓Oatmeal bread	43135 A 539	.60
✓ Raisin bread, home-prepared	43136 A 630	.40
✓ Raisin bread	43136 A 639	.40
✓ Bread crumbs, dry, grated, unenriched, home-prepared	43137 A 630	.90
✓Bread crumbs dry, grated, unenriched	43137 A 639	.90
✓Bread stuffing mix, dry, unenriched	43137 B 639	.90
✓Tortillas, comml. canned	43137 C 631	.90
✓Tortillas, comml. frozen	43137 C 633	.90
✓ Tortillas, fresh	43137 C 639	.90
✓ Melba toast, rounds	43137 D 639	.90
✓Zwieback	43137 E 639	.90
✓ Cornbread made with cornmeal, comml. frozen	43138 A 633	.50
✓Cornbread made with cornmeal	43138 A 639	.50

Baked goods other than bread (Including doughs and partially baked products):

Sandwich-type crackers, peanut or cheese	43211 B 649	.90
Fritos, corn chips, cheese curls	43212 B 649	.90
✓ Noodles, chow mein, comml. canned	43212 C 641	.90
✓ Noodles, chow mein, comml. frozen	43212 C 643	.90
✓ Noodles, chow mein, ready-to-eat	43212 C 649	.90
Plain rolls, soft, enriched, home-prepared	43221 A 540	.60
Plain rolls, soft, enriched, comml. frozen	43221 A 543	.60
Plain rolls, soft, enriched, ready-to-eat	43221 A 549	.60
Plain rolls, soft, unenriched, ready-to-eat	43221 B 649	.60
Rolls, brown & serve, soft and hard, white enriched	43221 C 549	.60

Food	Code	Conversion factors and food groupings:	
		Market	Nutrition

FLOUR EQUIVALENT--Continued

Baked goods other than bread (Including
doughs and partially baked products):--Continued

Rolls, brown & serve, soft and hard, white, unenriched	43221 D 649	.60
Roll dough, enriched, home-prepared	43221 E 540	.60
Roll dough, enriched, comml. frozen	43221 E 543	.60
Roll dough, enriched, home frozen	43221 E 544	.60
Roll dough, unenriched, comml. frozen	43221 F 643	.60
Roll dough, refrigerated, enriched	43221 G 549	.60
Hard rolls, enriched, ready-to-eat	43222 A 549	.70
Hard rolls, unenriched, ready-to-eat	43222 B 649	.70
Bagels, comml. frozen	43222 C 643	.70
Bagels, ready-to-eat	43222 C 649	.70
Bagels, brown & serve	43222 D 649	.70
Rye rolls, ready-to-eat	43223 A 649	.60
Whole wheat rolls, ready-to-eat	43224 A 549	.60
Whole wheat rolls, brown & serve	43224 B 549	.60
Whole wheat rolls, comml. frozen	43224 C 543	.60
Biscuits, enriched, ready-to-eat	43231 A 549	.70
Biscuits, unenriched, comml. frozen	43231 B 643	.70
Biscuits, unenriched, ready-to-eat	43231 B 649	.70
Biscuits, enriched, comml. frozen	43231 C 543	.70
Biscuit dough, comml. frozen	43231 D 543	.70
Biscuits, chilled dough in cans	43231 D 549	.70
English muffins, unenriched, home- prepared	43232 A 640	.60
English muffin, unenriched, ready- to-eat	43232 A 649	.60
English muffin, enriched, ready- to-eat	43232 B 549	.60
Muffin, plain, enriched, comml. frozen	43233 A 543	.50
Muffin, plain, enriched, ready-to-eat	43233 A 549	.50
Muffin, plain, unenriched, ready- to-eat	43233 B 649	.50
Muffin, bran, home-prepared	43234 A 540	.50
Muffin, bran, ready-to-eat	43234 A 549	.50
Muffin, corn, unenriched or enriched, comml. frozen	43235 A 643	.50

Food	Code	Conversion factors and food groupings:	
		Market	Nutrition

FLOUR EQUIVALENT--Continued

Baked goods other than bread (Including
doughs and partially baked products):--Continued

Muffins, corn, unenriched or N.S.*, ready-to-eat	43235 A 649	.50
White, yellow or spice cake not iced, home-prepared	43241 A 640	.30
White, yellow or spice cake not iced, comml. frozen	43241 A 643	.30
White, yellow or spice cake not iced, home frozen	43241 A 644	.30
White, yellow or spice cake not iced, ready-to-eat	43241 A 649	.30
White, yellow or spice cake with white or caramel icing, home-prepared	43241 B 640	.20
White, yellow or spice cake with white or caramel icing, comml. frozen	43241 B 643	.20
White, yellow or spice cake with white or caramel icing, home frozen	43241 B 644	.20
White, yellow or spice cake with white or caramel icing, ready-to eat	43241 B 649	.20
White, yellow or spice cake with white or caramel icing, home-prepared	43241 C 640	.20
White, yellow or spice cake with chocolate icing, comml. frozen	43241 C 643	.20
White, yellow or spice cake with chocolate icing, home frozen	43241 C 644	.20
White, yellow or spice cake with chocolate icing, ready-to-eat	43241 C 649	.20
Angel food, plain or iced, home- prepared	43242 A 640	.20
Angel food, plain, ready-to-eat	43242 A 649	.20
Boston cream pie, home-prepared	43242 B 640	.20
Boston cream pie, comml. frozen	43242 B 643	.20
Boston cream pie, ready-to-eat	43242 B 649	.20
Cheese cake; cheese pie, comml. frozen	43242 C 033	.60
Cheese cake; cheese pie, ready- to-eat	43242 C 039	.60

*Enrichment not specified.

Food	Code	Conversion factors and food groupings:	
		Market	Nutrition

FLOUR EQUIVALENT--Continued

Baked goods other than bread (Including
doughs and partially baked products):--Continued

Chocolate or devil's food cake with white icing, home-prepared	43243 A 640	.10
Chocolate or devil's food cake with white icing, comml. frozen	43243 A 643	.10
Chocolate or devil's food cake with white icing, home frozen	43243 A 644	.10
Chocolate or devil's food cake with white icing, ready-to-eat	43243 A 649	.10
Chocolate or devil's food cake with chocolate icing, home-prepared	43243 B 640	.10
Chocolate or devil's food cake with chocolate icing, comml. frozen	43243 B 643	.10
Chocolate or devil's food cake with chocolate icing, home frozen	43243 B 644	.10
Chocolate or devil's food cake with chocolate icing, ready-to-eat	43243 B 649	.10
Chocolate or devil's food cake not iced, home-prepared	43243 C 640	.20
Chocolate or devil's food cake not iced, comml. frozen	43243 C 643	.20
Chocolate or devil's food cake not iced, home frozen	43243 C 644	.20
Fruit cake, dark or light, home- prepared	43244 A 640	.10
Fruit cake, dark or light, comml. canned	43244 A 641	.10
Fruit cake, dark or light, comml. frozen	43244 A 643	.10
Fruit cake, dark or light, ready- to-eat	43244 A 649	.10
Gingerbread with or without icing, comml. frozen	43245 A 643	.30
Gingerbread with or without icing, ready-to-eat	43245 A 649	.30
Marble cake with icing, home-prepared	43246 A 640	.20
Marble cake with icing, comml. frozen	43246 A 643	.20
Marble cake with icing, ready-to-eat	43246 A 649	.20

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

FLOUR EQUIVALENT--Continued

Baked goods other than bread (Including
doughs and partially baked products):--Continued

Pound cake, any kind with or without icing, home-prepared	43246 B 640	.20
Pound cake, any kind with or without icing, comml. canned	43246 B 641	.20
Pound cake, any kind with or without icing, comml. frozen	43246 B 643	.20
Pound cake, any kind with or without icing, home frozen	43246 B 644	.20
Pound cake, any kind with or without icing, ready-to-eat	43246 B 649	.20
Sponge or chiffon cake, home-prepared	43246 D 640	.20
Sponge or chiffon cake, comml. frozen	43246 D 643	.20
Sponge or chiffon cake, ready-to-eat	43246 D 649	.20
Whole wheat cake with or without icing, comml. frozen	43247 A 543	.20
Whole wheat cake with or without icing, ready-to-eat	43247 A 549	.20
Ice cream roll, ice cream cake, home-prepared	43248 A 640	.10
Ice cream roll, ice cream cake, comml. frozen	43248 A 643	.10
Cake with whipped cream filling or topping, home-prepared	43248 B 640	.10
Cake with whipped cream filling or topping, comml. frozen	43248 B 643	.10
Cake with whipped cream filling or topping, ready-to-eat	43248 B 649	.10
Dietetic cake without icing, ready- to-eat	43249 A 649	.30
Apple, pineapple, pear pie, home- prepared	43251 A 680	.20
Apple, pineapple, pear pie, comml. frozen	43251 A 683	.20
Apple, pineapple, pear pie, home frozen	43251 A 684	.20
Apple, pineapple, pear pie, ready- to-eat	43251 A 689	.20

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

FLOUR EQUIVALENT--Continued

Baked goods other than bread (Including
doughs and partially baked products):--Continued

Blueberry, blackberry, raspberry pie, home-prepared	43251 B 680	.20
Blueberry, blackberry, raspberry pie, comml. frozen	43251 B 683	.20
Blueberry, blackberry, raspberry pie, home frozen	43251 B 684	.20
Blueberry, blackberry, raspberry pie, ready-to-eat	43251 B 689	.20
Cherry, apricot, peach pie, home- prepared	43251 C 680	.20
Cherry, apricot, peach pie, comml. frozen	43251 C 683	.20
Cherry, apricot, peach pie, home frozen	43251 C 684	.20
Cherry, apricot, peach pie, ready- to-eat	43251 C 689	.20
Chiffon pies, cream pies, home- prepared	43251 D 680	.20
Chiffon pies, cream pies, comml. frozen	43251 D 683	.20
Chiffon pie, cream pie, home frozen	43251 D 684	.20
Chiffon pie, cream pie, ready-to-eat	43251 D 689	.20
Coconut, banana custard; custard cream pie, home-prepared	43251 E 680	.20
Coconut, banana custard; custard cream pie, comml. frozen	43251 E 683	.20
Coconut, banana custard; custard cream pie, home frozen	43251 E 684	.20
Coconut, banana custard; custard cream pie, ready-to-eat	43251 E 689	.20
Meringue pie, all flavors, home- prepared	43251 G 680	.20
Meringue pie, all flavors, comml. frozen	43251 G 683	.20
Meringue pie, all flavors, ready- to-eat	43251 G 689	.20
Mince, raisin pie, home-prepared	43251 H 680	.20

FLOUR EQUIVALENT--Continued

Baked goods other than bread (Including
doughs and partially baked products):--Continued

Mince, raisin pie, comml. frozen	43251 H 683	.20
Mince, raisin pie, home frozen	43251 H 684	.20
Mince, raisin pie, ready-to-eat	43251 H 689	.20
Pecan, shoo fly, chess pie, home prepared	43251 J 680	.20
Pecan, shoo fly, chess pie, comml. frozen	43251 J 683	.20
Pecan, shoo fly, chess pie, ready-to-eat	43251 J 689	.20
Pumpkin, sweetpotato pie, home-prepared	43251 K 680	.20
Pumpkin, sweetpotato pie, comml. frozen	43251 K 683	.20
Pumpkin, sweetpotato pie, home frozen	43251 K 684	.20
Pumpkin, sweetpotato pie, ready-to-eat	43251 K 689	.20
Rhubarb, strawberry-rhubarb pie, comml. frozen	43251 M 683	.20
Rhubarb, strawberry-rhubarb pie, ready-to-eat	43251 M 689	.20
Strawberry pie, home-prepared	43251 N 680	.20
Strawberry pie, comml. frozen	43251 N 683	.20
Strawberry pie, ready-to-eat	43251 N 689	.20
Plum pie, home-prepared	43251 P 680	.20
Cream puffs, home-prepared	43252 A 640	.20
Cream puffs, comml. frozen	43252 A 643	.20
Cream puffs, home frozen	43252 A 644	.20
Cream puffs, ready-to-eat	43252 A 649	.20
Eclairs with chocolate icing, comml. frozen	43252 B 643	.20
Eclairs with chocolate icing, ready-to-eat	43252 B 649	.20

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

FLOUR EQUIVALENT--Continued

Baked goods other than bread (Including
doughs and partially baked products):--Continued

French pastry, napoleon, ready-to-eat	43252 C 649	.20
Piecrust, unenriched, ready-to-eat home-prepared	43253 A 640	.60
Piecrust, unenriched, ready-to-eat home-frozen	43253 A 644	.60
Piecrust, unenriched, ready-to-eat	43253 A 649	.60
Piecrust, unenriched, comml. frozen	43253 B 643	.50
Graham cracker crust or crust mix	43253 C 549	.60
Brownies, home-prepared	43261 A 640	.30
Brownies, comml. frozen	43261 A 643	.30
Brownies, home frozen	43261 A 644	.30
Brownies, ready-to-eat	43261 A 649	.30
Chocolate chip and chocolate flavored cookies, home-prepared	43261 B 640	.30
Chocolate chip, comml. frozen	43261 B 643	.30
Chocolate chip and chocolate flavored cookies, home frozen	43261 B 644	.30
Chocolate chip and chocolate flavored cookies, ready-to-eat	43261 B 649	.30
Coconut bars, home-prepared	43261 C 640	.30
Coconut bars, ready-to-eat	43261 C 649	.30
Fig bars, ready-to-eat	43261 D 649	.30
Gingersnaps, ready-to-eat	43261 E 649	.40
Macaroons, home-prepared	43261 F 640	.30
Macaroons, ready-to-eat	43261 F 649	.30
Chocolate-covered cookies with or without marshmallow, home-prepared	43261 G 640	.20
Chocolate-covered cookies with or without marshmallow, ready-to-eat	43261 G 649	.20
Molasses cookies, home-prepared	43261 H 640	.40
Molasses cookies, ready-to-eat	43261 H 649	.40
Oatmeal cookies, home-prepared	43261 J 540	.40
Oatmeal cookies, home frozen	43261 J 544	.40
Oatmeal cookies, ready-to-eat	43261 J 549	.40
Peanut cookies, home-prepared	43261 K 640	.30
Peanut cookies, home frozen	43261 K 644	.30
Peanut cookies, ready-to-eat	43261 K 649	.30

Food	Code	Conversion factor for food groupings:	
		Market	Nutrition

FLOUR EQUIVALENT--Continued

Baked goods other than bread (Including doughs and partially baked products):--Continued

Raisin cookies, home-prepared	43261 L 640	.30
Raisin cookies, ready-to-eat	43261 L 649	.30
Butter cookies, thin, rich, home-prepared	43261 M 640	.40
Butter cookies, thin, rich, ready-to-eat	43261 M 649	.40
Shortbread, home-prepared	43261 N 640	.30
Shortbread, ready-to-eat	43261 N 649	.30
Vanilla wafers, ready-to-eat	43261 P 649	.40
Sugar cookies, soft, home-prepared	43261 Q 640	.40
Sugar cookies, soft, home frozen	43261 Q 644	.40
Sugar cookies, soft, ready-to-eat	43261 Q 649	.40
Assorted cookies, ready-to-eat	43261 R 649	.40
Sandwich-tupe cookies, home-prepared	43261 S 640	.40
Sandwich-type cookies, ready-to-eat	43261 S 649	.40
Sugar wafers, home-prepared	43261 T 640	.40
Sugar wafers, home frozen	43261 T 644	.40
Sugar wafers, ready-to-eat	43261 T 649	.40
Chocolate nut cookie dough	43262 A 649	.30
Oatmeal cookie refrigerated dough	43262 B 549	.40
Peanut butter cookie refrigerated dough	43262 C 649	.30
Sugar cookie dough, home frozen	43262 D 644	.40
Sugar cookies, refrigerated dough	43262 D 649	.40
Graham crackers, chocolated coated	43263 A 549	.50
Graham crackers or crumbs, plain	43263 B 549	.60
Graham crackers, sugar-honey-coated	43263 C 549	.60
Teething biscuit, unenriched	43263 D 646	.40
Animal crachers	43263 E 649	.40
Diet wafers, enriched	43263 F 549	.40
Coffee cake, home-prepared	43271 A 640	.40
Coffee cake, comml. frozen	43271 A 643	.40
Coffee cake, ready-to-eat	43271 A 649	.40

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

FLOUR EQUIVALENT--Continued

Baked goods other than bread (Including
doughs and partially baked products):--Continued

Coffee cake, dough form	43271 B 649	.40
Danish pastry, comml. frozen	43272 A 643	.40
Danish pastry, ready-to-eat	43272 A 649	.40
Danish pastry, dough form, comml. frozen	43272 B 543	.40
Danish pastry, dough form	43272 B 549	.40
Sweet rolls, home-prepared	43273 A 640	.40
Sweet rolls, comml. frozen	43273 A 643	.40
Sweet rolls, ready-to-eat	43273 A 649	.40
Sweet rolls, dough form, home- prepared	43273 B 540	.40
Sweet rolls, dough form, comml. frozen	43273 B 543	.40
Sweet rolls, dough form	43273 B 549	.40
Raisin rolls or buns, unenriched, home-prepared	43274 A 640	.40
Raisin rolls or buns, unenriched, comml. frozen	43274 A 643	.40
Raisin rolls or buns, unenriched, ready-to-eat	43274 A 649	.40
Raisin rolls, dough form, enriched, comml. frozen	43274 B 543	.40
Raisin rolls, dough form, enriched	43274 B 549	.40
Waffles, enriched, home-prepared	43275 A 540	.30
Waffles, enriched, comml. frozen	43275 A 543	.30
Waffles, enriched, ready-to-eat	43275 A 549	.30
Waffles, unenriched, comml. frozen	43275 B 643	.30
Waffles, unenriched, ready-to-eat	43275 B 649	.30
Pancake batter, comml. frozen	43276 A 643	.30
Doughnuts, cake type, home-prepared	43281 A 640	.40
Doughnuts, cake type, comml. frozen	43281 A 643	.40
Doughnuts, cake type, home frozen	43281 A 644	.40
Doughnuts, cake type, ready-to-eat	43281 A 649	.40
Doughnuts, dough form, comml. frozen	43281 B 643	.40
Doughnuts, dough form	43281 B 649	.40
Doughnuts, yeast-type, home-prepared	43282 A 640	.50
Doughnuts, yeast-type, comml. frozen	43282 A 643	.50

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

FLOUR EQUIVALENT--Continued

Baked goods other than bread (Including doughs and partially baked products):--Continued

Doughnuts, yeast-type, home frozen	43282 A 644	.50
Doughnuts, yeast-type, ready-to-eat	43282 A 649	.50
Ice cream cones (cones only)	43291 A 649	.40
Blintzes, comml. frozen	43291 B 683	.20
Blintzes, ready-to-eat	43291 B 689	.20
Poptarts	43291 C 549	.30

Ready-to-heat or-serve soups, mostly grain:

Beef noodle, comml. canned	56112 A 681	.10
Beef noodle, home canned	56112 A 682	.10
Chicken noodle, home-prepared	56112 B 680	.10
Chicken noodle, comml. canned	56112 B 681	.10
Chicken noodle, ready-to-eat	56112 B 689	.10
Chicken with rice, home-prepared	56112 C 680	.10
Chicken with rice, comml. canned	56112 C 681	.10
Turkey noodle, comml. canned	56112 D 681	.10
Turkey noodle, ready-to-eat	56112 D 689	.10
Vegetable noodle, home frozen	56112 E 684	.10

Commercially canned or bottled condensed soups, mostly grain:

Beef noodle	56122 A 681	.10
Chicken noodle	56122 B 681	.10
Chicken with rice	56122 C 681	.10
Turkey noodle	56122 D 681	.10
Vegetable noodle	56122 E 681	.10

Frozen soups, mostly grain:

Won-ton soup	56132 A 683	.10
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Dry or dehydrated soup, mostly grain:

Beef noodle	56142 A 685	.90
Chicken noodle	56142 B 685	.90
Chicken rice	56142 C 685	.90

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

FLOUR EQUIVALENT--Continued

Mixtures (other than baby food), mostly grain:

Macaroni and cheese, home-prepared	56221 A 680	.40
Macaroni and cheese, comml. canned	56221 A 681	.40
Macaroni and cheese, home canned	56221 A 682	.40
Macaroni and cheese, comml. frozen	56221 A 683	.40
Macaroni and cheese, ready-to-eat	56221 A 689	.40
Macaroni and cheese, dry	56221 B 689	.70
Spaghetti with tomato sauce, home-prepared	56221 C 680	.40
Spaghetti with tomato sauce, comml. canned	56221 C 681	.40
Spaghetti with tomato sauce, comml. frozen	56221 C 683	.40
Spaghetti with tomato sauce, ready-to-eat	56221 C 689	.40
Spaghetti with meat balls or sauce, home-prepared	56221 D 680	.30
Spaghetti with meat balls or sauce, comml. canned	56221 D 681	.30
Spaghetti with meat balls or sauce, comml. frozen	56221 D 683	.30
Spaghetti with meat balls or sauce, home frozen	56221 D 684	.30
Spaghetti with meat balls or sauce, ready-to-eat	56221 D 689	.30
Spaghetti dinner, dry	56221 E 689	.70
Pizza, all varieties, ready-to-eat or chilled	56221 F 689	.20
Pizza, all varieties, comml. frozen	56221 G 683	.20
✓ Pizza dough, comml. frozen	56221 H 683	.20
✓ Pizza dough in tube, chilled	56221 H 689	.20
✓ Pizza, all varieties, dry mix	56221 J 685	.40
Spanish rice, comml. canned	56221 L 681	.30
Spanish rice, comml. frozen	56221 L 683	.30

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

FLOUR EQUIVALENT--Continued

Mixtures (other than baby food), mostly grain:--Continued

Spanish rice, ready-to-eat	56221 L 689	.30
Ravioli, comml. canned	56221 M 681	.30
Ravioli, comml. frozen	56221 M 683	.30
Ravioli, home frozen	56221 M 684	.30
Ravioli, ready-to-eat	56221 M 689	.30
Chicken and noodles, comml. canned	56221 N 681	.30
Chicken and noodles, comml. frozen	56221 N 683	.30
Chicken and noodles, ready-to-eat	56221 N 689	.30
Scrapple, home-prepared	56221 P 680	.10
Scrapple, home frozen	56221 P 684	.10
Scrapple, ready-to-eat	56221 P 689	.30
Meatless sandwich, comml. frozen	56221 Q 683	.30
Meatless sandwich, fresh or chilled	56221 Q 689	.30
Egg roll, comml. canned	56221 R 681	.20
Egg rolls, comml. frozen	56221 R 683	.20
Egg rolls, ready-to-eat	56221 R 689	.20
Italian dinner, comml. frozen	56221 S 693	.30
Macaroni salad, comml. canned	56221 T 681	.40
Macaroni salad, ready-to-eat	56221 T 689	.40
Chicken and noodles, dry	56221 U 689	.70
Meat substitutes, comml. canned	56221 V 681	.50
Multi-purpose food drink, dry	56221 W 685	.70

Baby or junior food mixtures, mostly grain:

Beef noodle dinner, comml. canned	56321 A 686	.20
Chicken noodle dinner, chicken soup, comml. canned	56321 B 686	.20
Macaroni, tomatoes, meat and cereal, comml. canned	56321 C 686	.20

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

EGG FRESH EQUIVALENT

Yolks, whites, mixed yolks and whites
(not in shell):

Yolks	46121 A 219	1.10	1.10
Whites	46122 A 219	1.10	1.10
Yolks and whites, mixed	46123 A 219	1.10	1.10

Processed whole, whites, yolks:

Dried:

Whole	46211 A 215	4.40	4.40
Whites	46212 A 215	8.80	8.80
Yolks	46213 A 215	2.50	2.50

Frozen:

Whole	46221 A 213	1.10	1.10
Whites	46222 A 213	1.10	1.10
Yolks	46223 A 213	1.10	1.10

Canned:

Baby and junior yolks	46231 A 216	1.10	1.10
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Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

SUGAR EQUIVALENT

Soft drinks:

Cola type	55411 A 839	.10
Fruit type	55412 A 839	.10
Ginger ale, pale dry or golden	55413 A 839	.10
Quinine water	55413 B 839	.00
Root beer, home-prepared	55413 D 830	.10
Root beer	55413 D 839	.10

Ready-to-drink fruit ades, punches, drinks, or nectars:

Lemonade, comml. canned	55511 A 821	.10
Lemonade, fresh	55511 A 829	.10
Limeade, comml. canned	55511 B 821	.10
Other citrus or noncitrus with vitamins added, comml. canned	55512 A 821	.10
Baby ades, punches, drinks	55512 A 826	.10
Other citrus or noncitrus with vitamins added, fresh	55512 A 829	.10
Apricot nectar, comml. canned	55512 B 821	.10
Peach nectar, comml. canned	55512 C 821	.10
Pear nectar, comml. canned	55512 D 821	.10
Pear nectar, home canned, no sugar	55512 D 822	.10
AM (Mott's), comml. canned	55512 E 821	.10
Noncitrus drink with no added vitamins, home-prepared	55513 A 830	.10
Noncitrus drink with no added vitamins, comml. canned	55513 A 831	.10
Noncitrus with no added vitamins, artificially sweetened	55513 B 831	.00

Concentrated fruit ades, punches, drinks, or nectars:

Lemonade, comml. canned	55521 A 821	.60
Limeade, comml. canned	55521 B 821	.60
Other citrus or noncitrus with added vitamins, comml. canned	55522 A 821	.60
Noncitrus drinks with no added vitamins, comml. canned	55523 A 831	.60
Iced tea mix, liquid concentrate	55523 B 831	.60

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

SUGAR EQUIVALENT--Continued

Concentrated fruit ades, punches, drinks,
or nectars:--Continued

Lemonade, comml. frozen	55531 A 823	.60
Limeade, comml. frozen	55531 B 823	.60
Other citrus or noncitrus with added vitamins, comml. frozen	55532 A 823	.60
Awake, comml. frozen	55532 B 823	.60
Noncitrus with no vitamins, comml. frozen	55533 A 833	.60

Powdered or tablet fruit ades, punches
drinks, or nectars with sugar:

With added vitamins, Tang	55541 A 825	.90
With added vitamins, other than Tang	55541 B 825	.90
With no vitamins	55542 A 835	.90

Powdered or tablet drinks, fruit ades,
punches, drinks, or nectars with no sugar:

With added vitamins	55551 A 825	.00
With no added vitamins	55552 A 835	.00

Miscellaneous sweets:

Gelatin dessert powder, all flavors (sweet)	56411 B 835	.80
Pudding mix, all flavors, regular	56411 C 835	.60
Pudding mix, all flavors, instant	56411 D 835	.60
Junket mix, with sugar and flavor	56411 F 835	.60
Whip n'chill	56411 G 835	.60
Egg custard, dry	56411 H 835	.70
Gelatin dessert, all flavors (plain), Home-prepared	56412 A 830	.20
Gelatin dessert, all flavors (plain) ready-to-eat	56412 A 839	.20
Gelatin dessert, all flavors (with fruit), home-prepared	56412 B 830	.10
Gelatin dessert, all flavors (with fruit), ready-to-eat	56412 B 839	.10

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

SUGAR EQUIVALENT--Continued

Miscellaneous sweets:--Continued

Fruit ices, all flavors	56421 B 839	.30
Icing mix, all flavors, creamy dry	56431 A 835	.90
Icing mix, all flavors, fluffy dry	56431 B 835	.90
Icing mix, creamy, all flavors, ready-to-use, comml. canned	56432 A 831	.80
Icing mix, fluffy, all flavors, ready-to-use, comml. canned	56432 B 831	.80
Meringue shells with sugar	56441 A 839	.80

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

POTATO FRESH EQUIVALENT

Fresh white potatoes:

Whole or cut up without peel, home frozen	48111 B 314	1.20
Whole or cut up without peel	48111 B 319	1.20
Whole or cut up without peel, home frozen	48111 C 314	1.20
Whole or cut up without peel, home canned	48111 D 312	1.10

Commercially canned white potatoes:	48211 A 311	1.10
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Commercially frozen white potatoes:

French fries	48311 A 313	2.50
Plain, raw	48312 A 313	1.20
Mashed	48312 B 313	1.10
Puffs	48312 C 313	.70
Scalloped or au gratin	48312 D 313	.70
Baked, plain or stuffed	48312 E 313	1.10
Potato pancakes	48312 F 313	1.10

Dehydrated white potatoes:

No dried milk	48411 A 315	7.10
With dried milk	48412 A 315	7.10
Baked, stuffed	48413 A 315	6.80
Potato pancake mix	48414 A 319	6.90

Chips, Sticks and Potato Salad:

Potato chips	48511 A 319	4.10
Potato sticks, comml. canned	48511 B 311	4.10
Potato sticks	48511 B 319	4.10
Potato salad, home-prepared	48512 A 310	.80
Potato salad, comml. canned	48512 A 311	.80
Potato salad, comml. frozen	48512 A 313	.80
Potato salad, ready-to-eat	48512 A 319	.80
Potatoes, any kind of cooked, home-prepared	48512 B 310	1.10

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

POTATO FRESH EQUIVALENT--Continued

Soup, mostly potato:

Cream of potato, home-prepared, ready- to-heat or serve	56115 F 310	.20
Cream of potato, comml. canned or bottled, condensed	56126 A 311	.40
Cream of potato, comml. frozen	56136 A 313	.40
Potato, dry or dehydrated	56146 A 315	5.00

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

JUICE EQUIVALENT

Fresh citrus fruit:

Grapefruit, all varieties	50111 A 419	.50
Lemons	50121 A 419	.30
Limes	50122 A 419	.30
Oranges	50131 A 419	.50
Tangerines, mandarin	50141 A 419	.40
Tangelos	50144 A 419	.40
Temple oranges	50145 A 419	.40

Canned and frozen vegetable juice (concentrated):

Tomato juice, comml. canned	53111 B 341	3.50
Mixed vegetable juice, comml. frozen	53211 C 353	3.50
Carrot juice, comml. frozen	53211 D 333	3.50

Frozen fruit juice (concentrated);

Orange	53411 A 413	3.70	3.70
Grapefruit	53412 A 413	4.20	4.20
Lemon	53412 B 413	4.90	4.90
Grapefruit and orange	53412 C 413	4.00	4.00
Tangerine	53412 D 413	3.70	3.70
Pineapple-orange	53412 E 413	3.80	3.80
Orange-banana	53412 F 413	3.80	3.80
Pineapple-grapefruit	53412 G 413	4.10	4.10
Lime juice, no sugar	53412 H 413	4.90	4.90
Grape juice, sweetened	53421 A 433	3.50	
Pineapple	53422 A 433	4.00	
Apple juice, cider, no sugar	53422 B 433	4.00	

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

LEGUME DRY WEIGHT

Commercially canned legumes:

Baked beans	51142 A 221	.30
Beans, red	51142 B 221	.40
Beans, white	51142 C 221	.30
Beans, lima, mature, shelled	51142 D 221	.40
Peas, blackeye, mature	51142 E 221	.40
Peas, chick, garbanzos	51142 F 221	.40
Peas, split	51142 G 221	.40
Lentils	51142 J 221	.40

Commercially frozen legumes:

Beans, dry, lima	52136 P 223	.40
Beans, dry, white	52136 Q 223	.30
Beans, dry, red, brown or black	52136 R 223	.40
Baked beans	52136 S 223	.30

Dried vegetables:

Beans, dry, lima, home canned	54111 B 222	.40
Beans, dry, lima, home frozen	54111 C 224	.40
Beans, dry, white, home canned	54112 B 222	.30
Beans, dry, white, home frozen	54112 C 224	.30
Beans, dry, red, brown or black, home canned	54113 B 222	.40
Beans, dry, red, brown or black, home frozen	54113 C 224	.40
Baked beans, home-prepared	54115 A 220	.30
Baked beans, home canned	54115 A 222	.30
Baked beans, cooked	54115 A 229	.30
Split peas, dry, cooked	54121 B 229	.40
Chickpeas, garbanzos, dry, home frozen	54122 B 224	.40
Cowpeas, blackeye peas, dry, home canned	54123 B 222	.40
Cowpeas, blackeye peas, dry, home frozen	54123 C 224	.40

Food	Code	Conversion factors for food groupings:	
		Market	Nutrition

NUTS SHELLLED WEIGHT

Peanuts in shell, not roasted	57111 A 239	.70	.70
Peanuts in shell, roasted	57111 B 239	.70	.70
Almonds in shell, not roasted	57113 A 239	.50	.50
Beechnuts in shell, not roasted	57113 B 239	.60	.60
Brazil nuts in shell, not roasted	57113 C 239	.50	.50
Butternuts in shell, not roasted	57113 D 239	.20	.20
Chestnuts in shell, not roasted	57113 E 239	.80	.80
Coconut in shell, not roasted	57113 F 239	.40	.40
Filberts, hazelnuts in shell, not roasted	57113 G 239	.50	.50
Hickory nuts in shell, not roasted	57113 H 239	.40	.40
Macadamia nuts in shell, not roasted	57113 J 239	.30	.30
Mixed nuts in shell, not roasted	57113 K 239	.50	.50
Pecans in shell, not roasted	57113 L 239	.40	.40
Pilinuts in shell, not roasted	57113 M 239	.20	.20
Pinon, pine nuts in shell, not roasted	57113 N 239	.60	.60
Pistachio nuts in shell, not roasted	57113 P 239	.50	.50
Pumpkin, squash seed in shell, not roasted	57113 Q 239	.70	.70
Walnuts, black, in shell, not roasted	57113 S 239	.20	.20
Walnuts, English or Persian in shell, not roasted	57113 T 239	.40	.40

